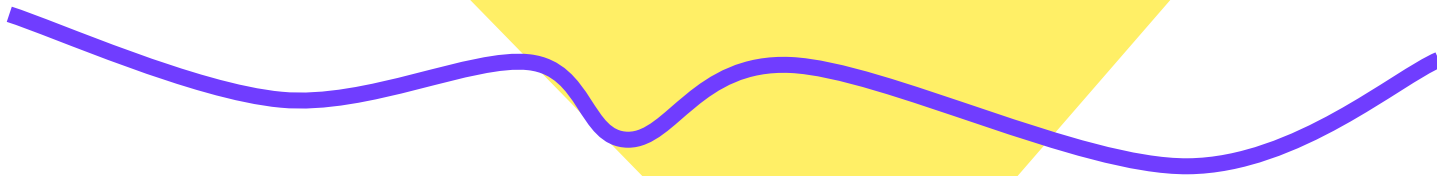




Local Wellness Policy

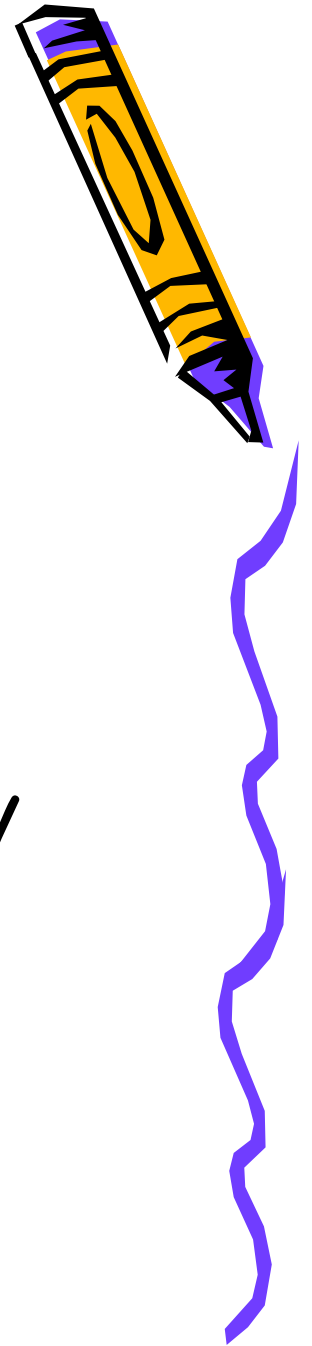
Laina Fullum, RD, LD

Department of Elementary and
Secondary Education, School Food
Services Section



Child Nutrition and WIC Reauthorization Act 2004

Public Law 108-265
Section 204 Local Wellness Policy



The Language of the Law

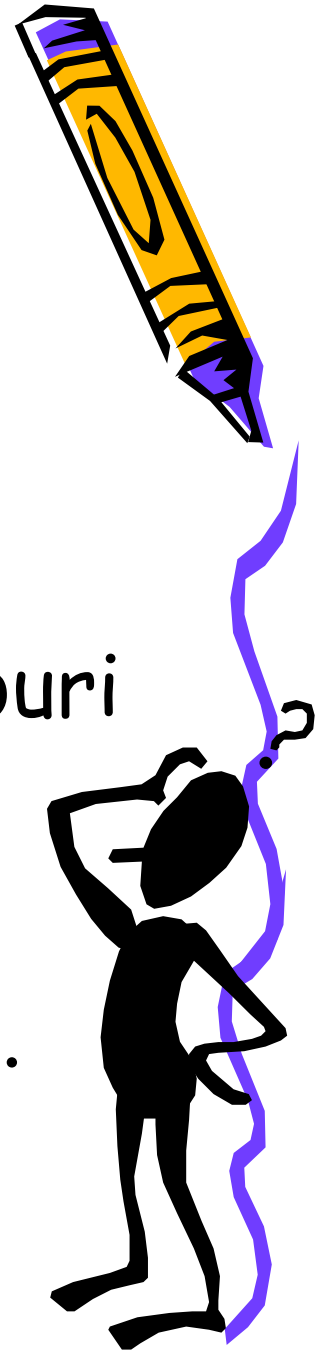
http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html



Local Wellness Policy

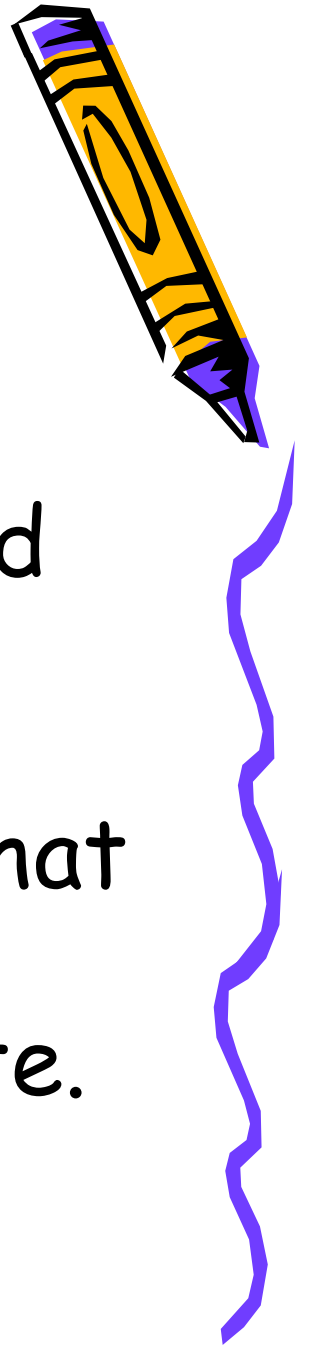
What are the requirements for Missouri schools?

There are 6 components of the law.



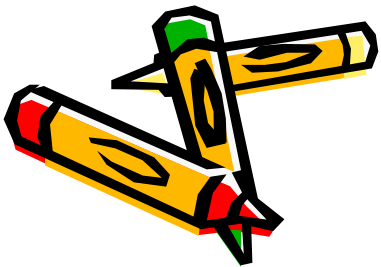
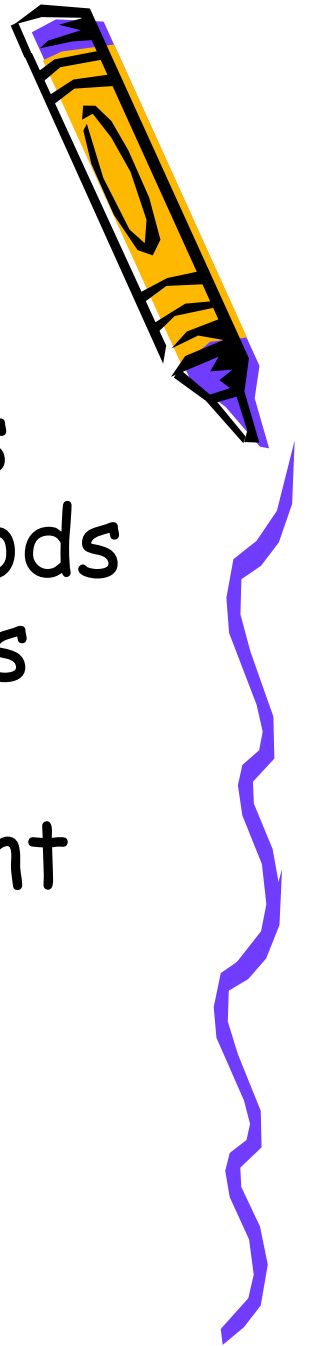
Local Wellness Policy

1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the Local Education Agency (LEA) determines is appropriate.



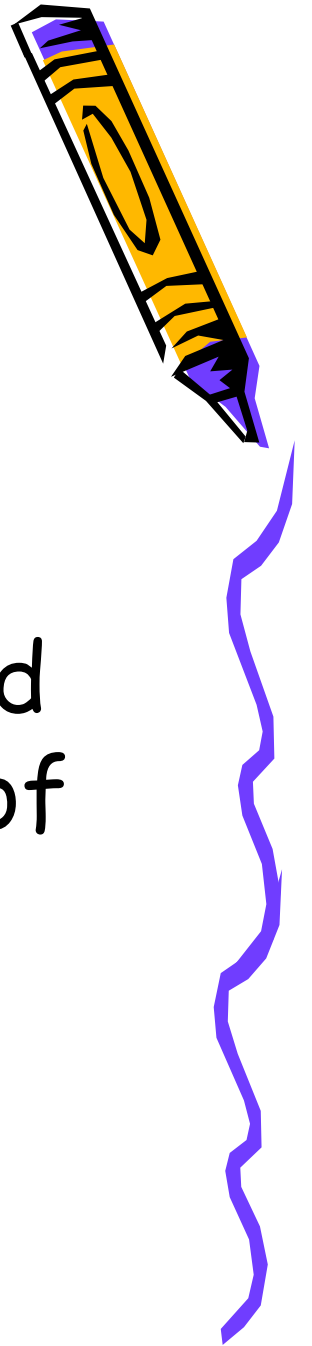
Local Wellness Policy

2. Includes nutrition guidelines selected by the LEA for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.



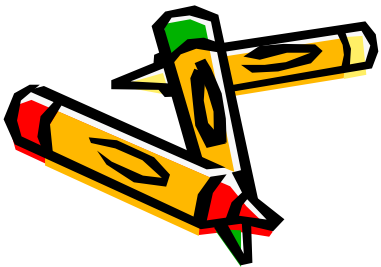
Local Wellness Policy

3. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by Secretary of Agriculture.



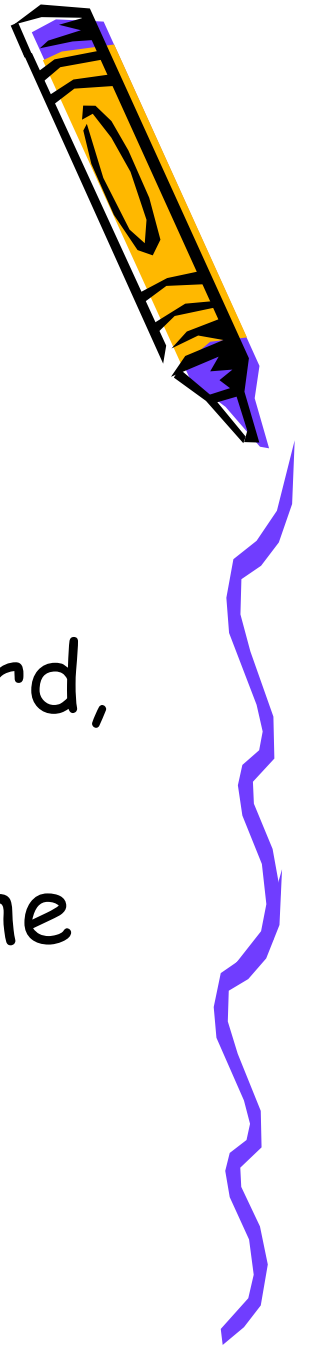
Local Wellness Policy

4. Establishes a plan for measuring implementation of the policy. One or more person(s) in school is designated with responsibility for ensuring compliance.



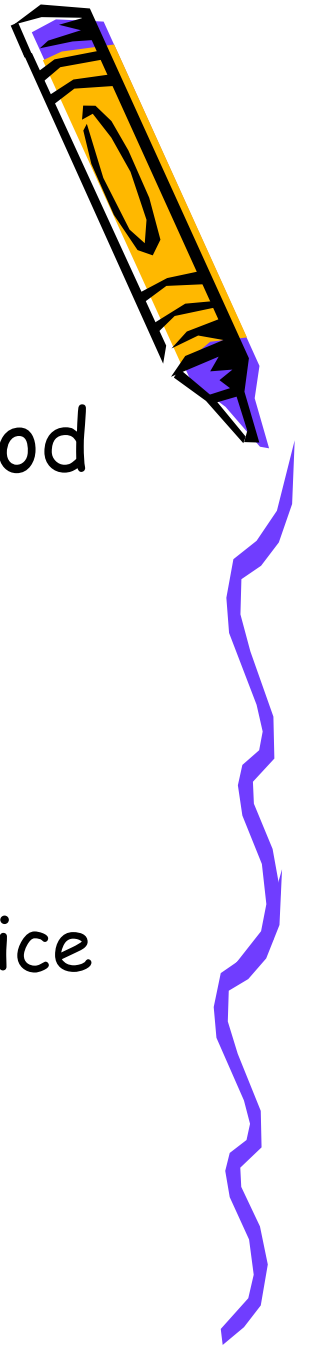
Local Wellness Policy

5. Involves parents, students, representatives of the school food authority, the school board, school administrators and the public in the development of the school wellness policy.



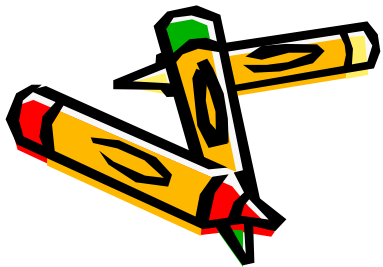
Wellness Committee

- A representative of the School Food Authority (SFA)
 - Food Service Director (should be present)
 - Authorized Representative (Superintendent, principal, food service director)

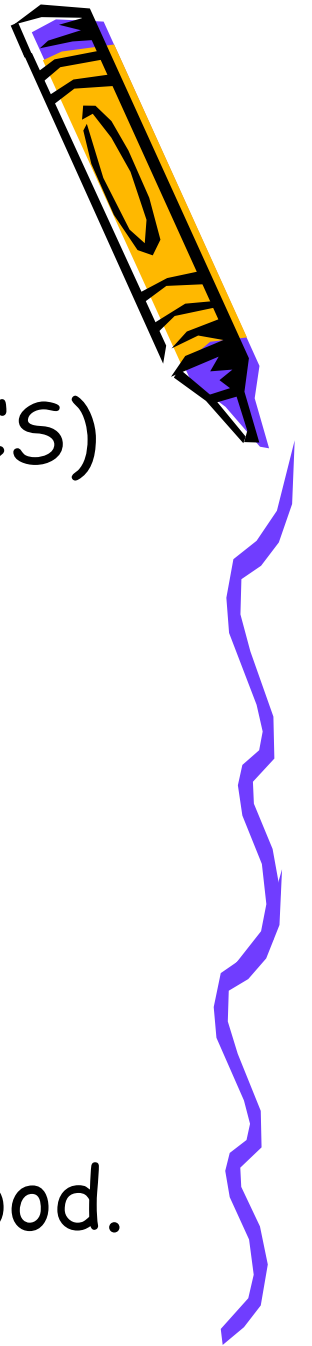


Possible Community Involvement

- Family and Consumer Science (FACS) teachers
- Pediatricians
- A PTA member
- School Nurse
- Community Dietitian/Nutritionist



Policy making experience is good.

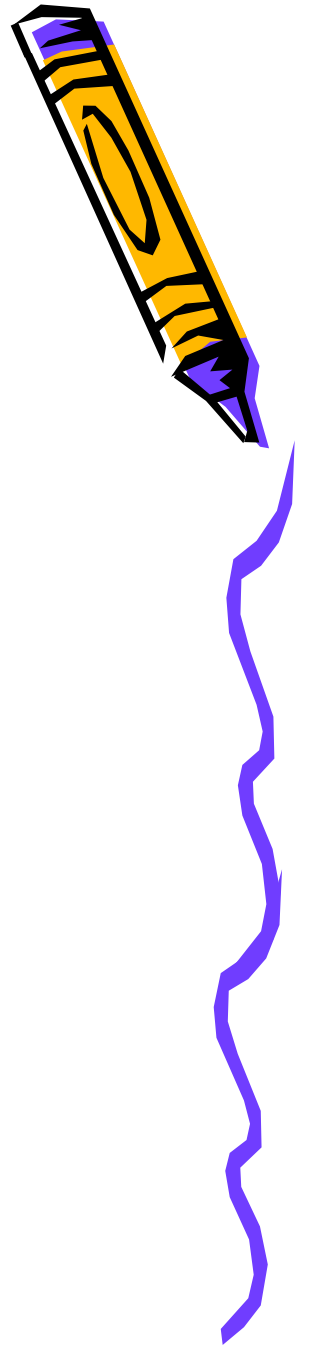


Local Wellness Policy

6. School boards must adopt the wellness policies by the first day of the 2006-2007 school year.

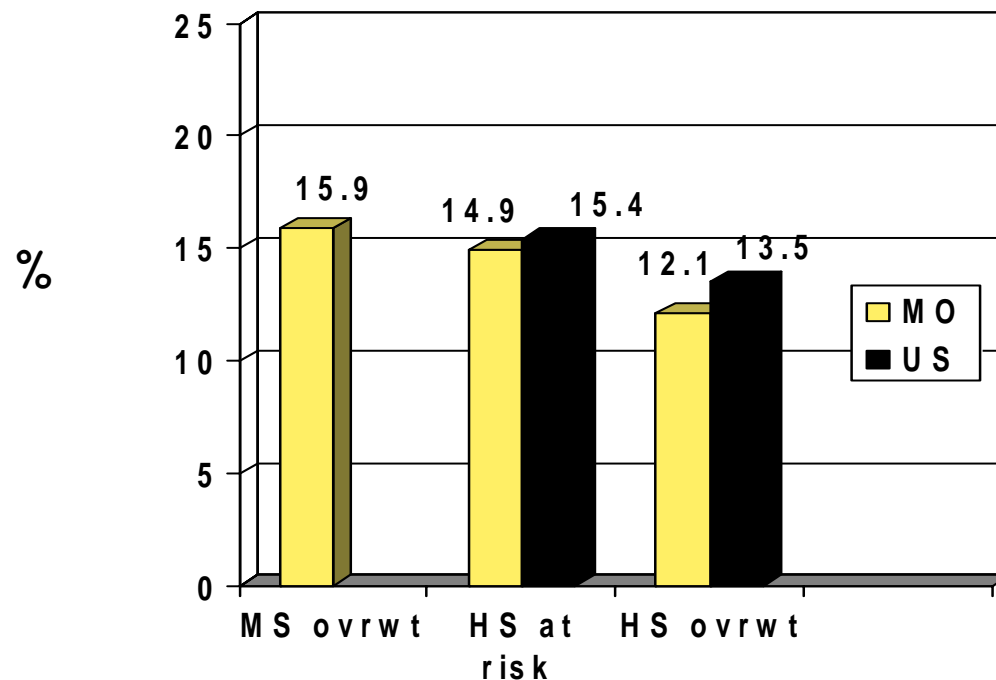


Why?



According to the 2003 MO Youth Tobacco Survey conducted by DHSS

Percent of middle & high school youth who are overweight and at-risk for overweight



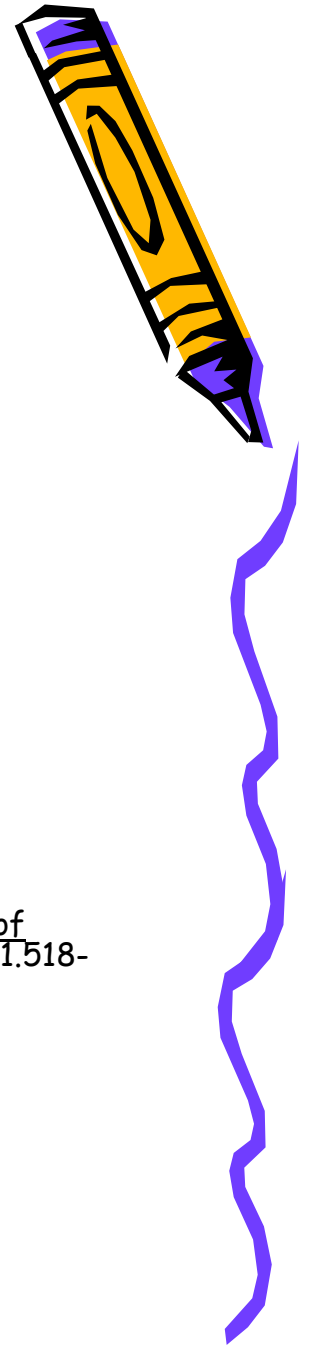
Source: 2003 MO Youth Tobacco Survey; DHSS/2003 YRBS; CDC

Consequences of being Overweight

Weight-related Health Issues:

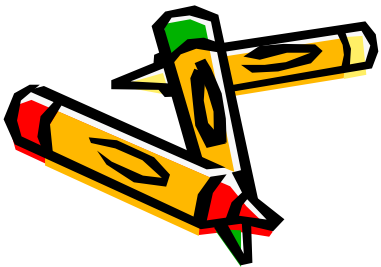
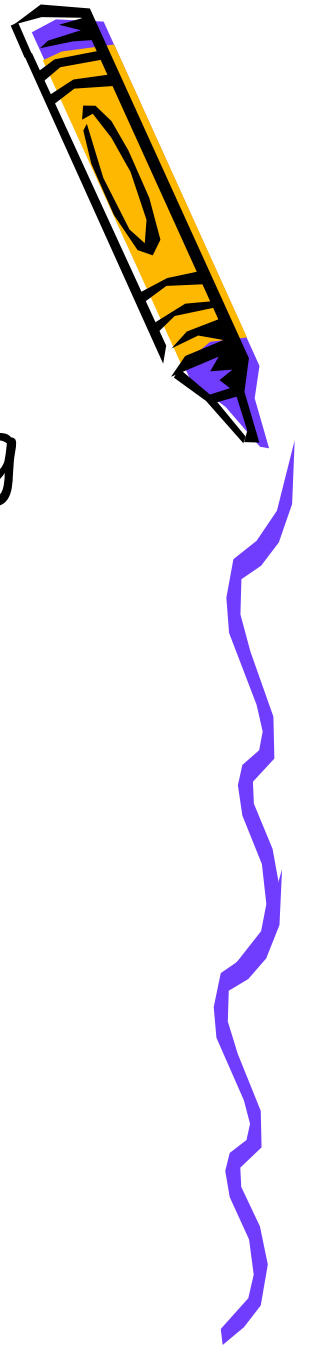
- Early maturation
- Type II Diabetes
- Coronary Heart Disease
- Gallbladder Disease
- Hypertension
- Respiratory problems
- Osteoarthritis

Source: Dietz, W, Health Consequences of Obesity in Youth Pediatrics 1998, 101:518-525



Issues Associated with Overweight Status

- Compromised social functioning
- Reduced self-esteem
- Psychological health
- Poor academic achievement



Cost of Overweight

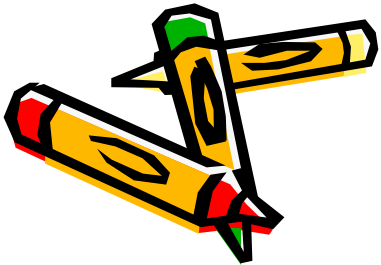
- Youth obesity-associated annual hospital costs during 1997-1999 were \$127 million
- A threefold increase from 1979-1981 cost of \$35 million
- Costs do not include doctor visits medications or indirect costs

Wang, Dietz, Economic Burden of Obesity in Youths Aged 6-17 Year
Pediatrics 2002, 109.5



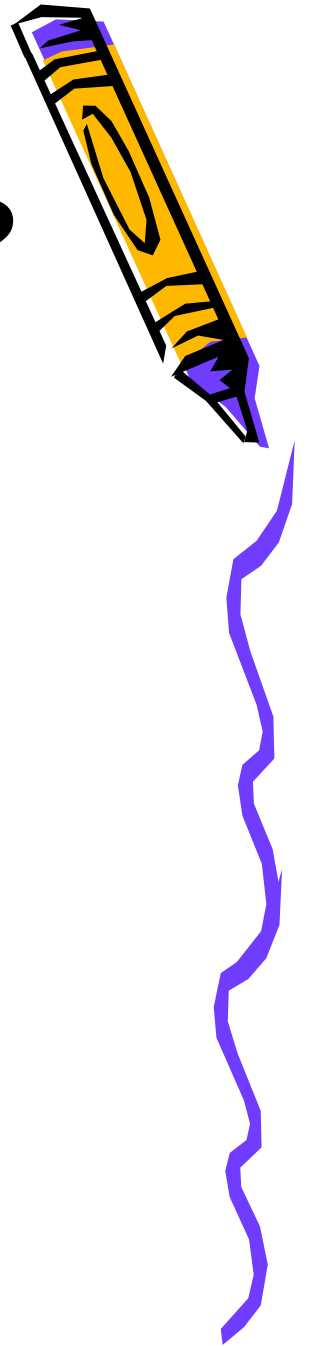
Hidden Costs of Overweight

- Increase absences due to chronic disease
- School health staff time to manage chronic diseases
- Staff time to address social and psychological issues



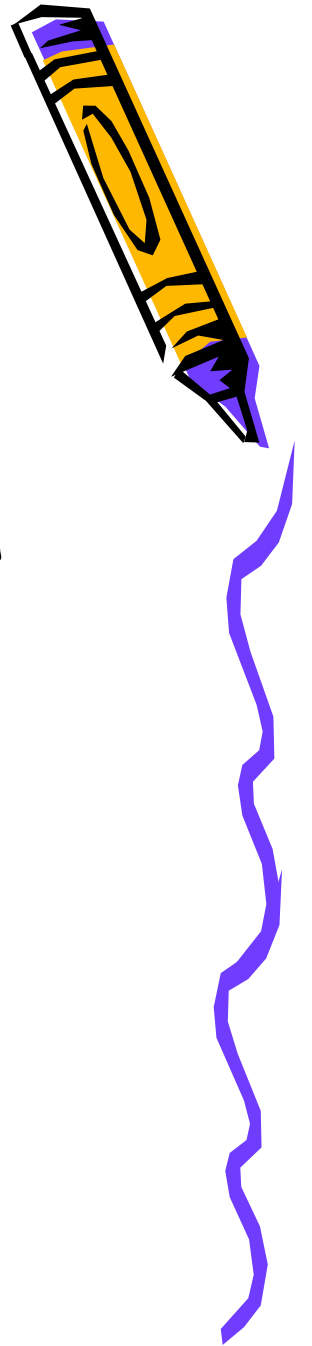
Cause of Overweight?

Energy Imbalance



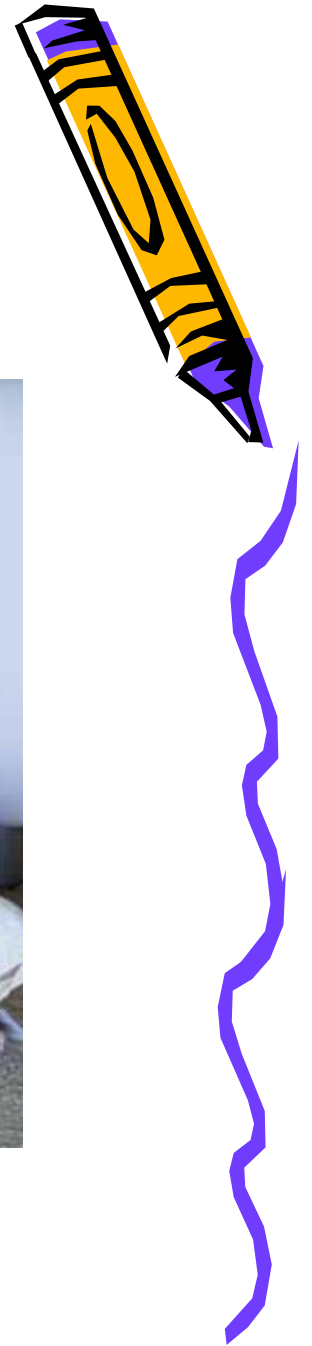
Additional issues to consider

- Calcium/milk consumption is down
- Fruit and vegetable consumption is down
- Physical activity recommendations are not being met



Some Causes of Inactivity

- Pressure for Academic Achievement
 - Less P.E. and recess
- Safety and Liability
 - Crime and traffic
- Dual Working Parents
 - Lack of time and supervision
- Competition with technology
 - Computers, TV and phones



Some Causes of Unhealthy Eating

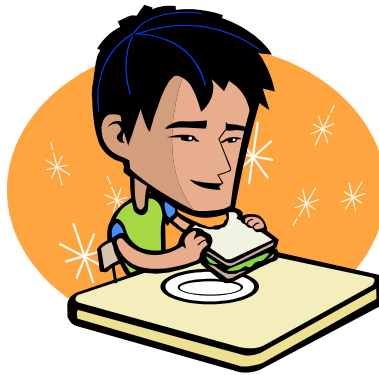
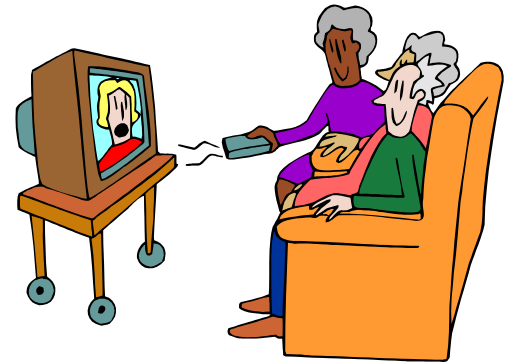
- Availability

- School: rewards, parties, fundraising, vending
- Home: time, busy, convenience
- Community: church, sports

- Economics

- Advertising

- Taste

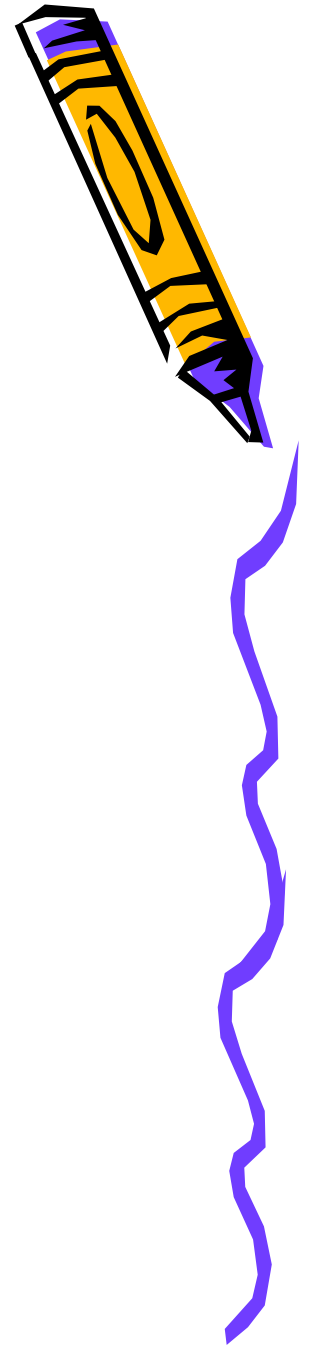


Intent of the Law

- Keep decisions at the local level
- Promote student health
- Reduce childhood “overweight”

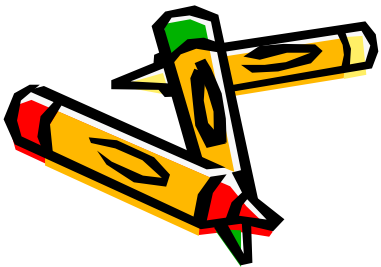
By impacting obesity risk factors:

- Physical inactivity
- Unhealthy eating



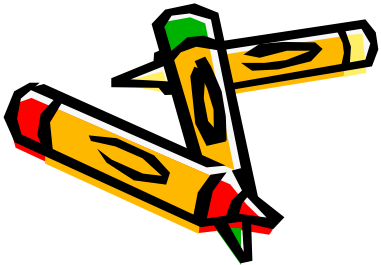
School Issues & Priorities

- Academic achievement
 - Better academic achievement goes hand in hand with student health
- School budget
 - Budget cuts
 - Including food service



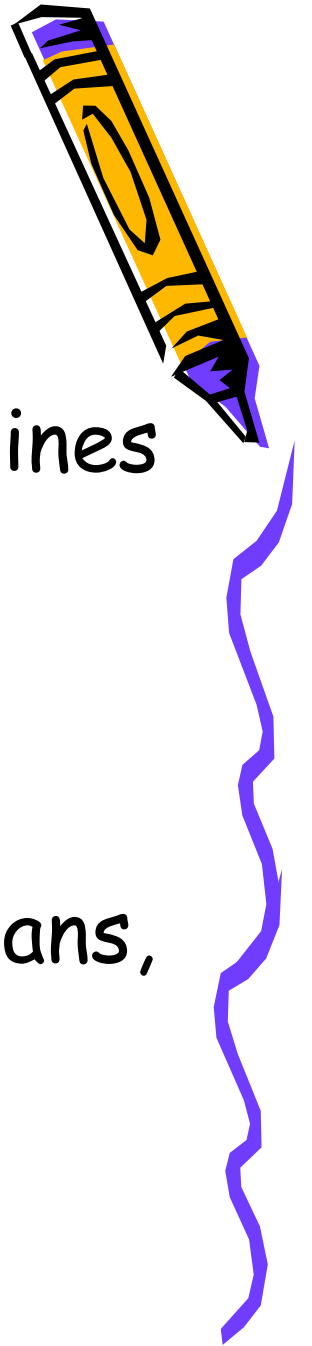
Where to find help

- District Wellness Program
- Missouri School Board's Association Web site:
 - <http://www.msbanet.org/>
- Available for everyone to access



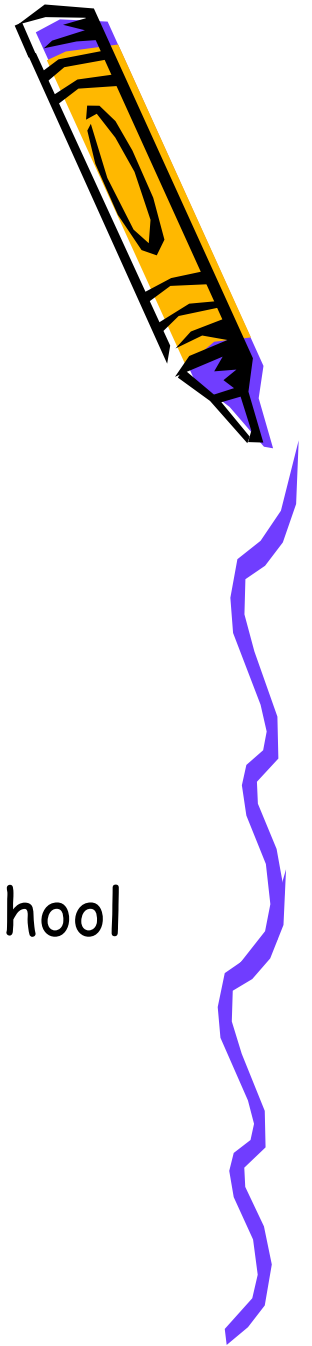
Missouri Eat Smart Guidelines

- Kansas Eat Smart Nutrition Guidelines
- HealthierUS School Challenge
- The Dietary Guidelines for Americans, 2005



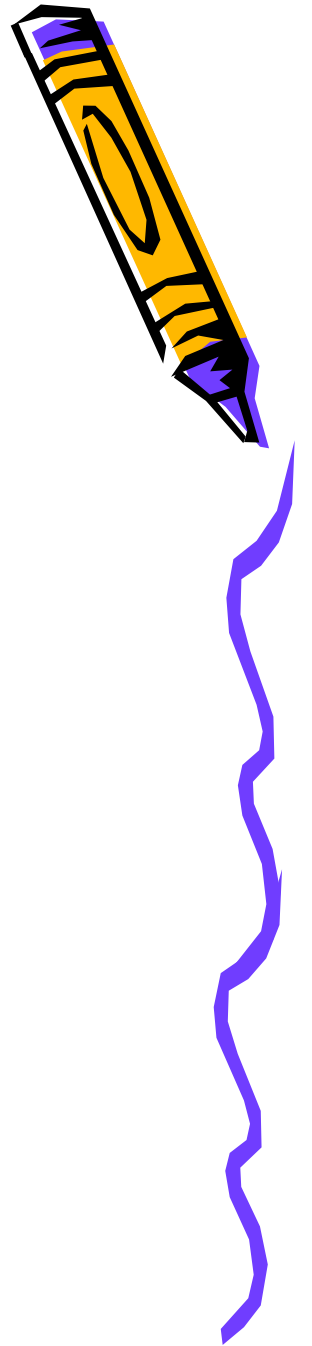
Partners

- Department of Elementary and Secondary Education
- Department of Health and Senior Services.
- Missouri School Board's Association
- Dairy Council
- University of Missouri Extension
- Local Education Agencies through Missouri School Nutrition Association (MSNA)
- American Heart Association



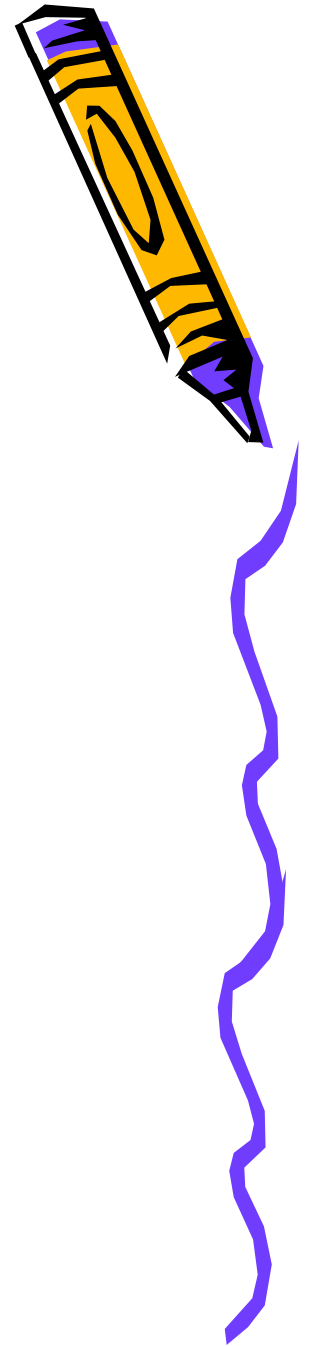
Categories

- Minimum
- Intermediate
 - More healthful than minimum.
- Advance
 - More healthful than intermediate.
 - Exemplary category to be added later



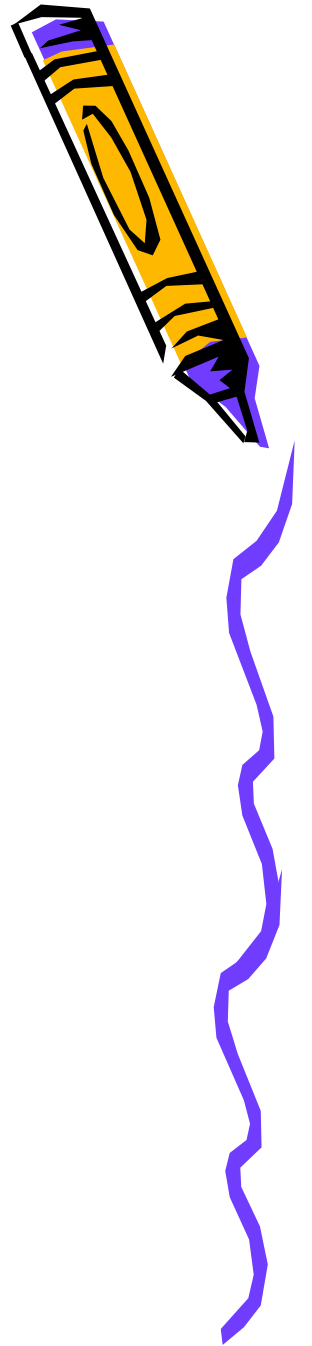
There are five areas of guidance

- School Meals
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
- A La Carte (Food & Beverages)
 - Items sold in competition with the NSLP or SBP
- Vending (Food and Beverages)
 - Machines & School Stores
- After School Programs
 - Snacks regardless of funding source



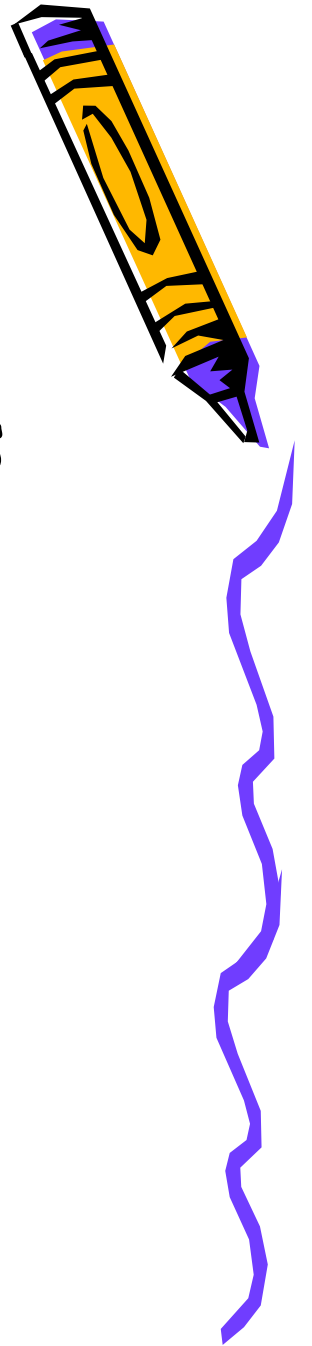
Areas of Guidance Continued

- Other
 - Classroom Rewards
 - Classroom Parties
 - Celebrations
 - Fundraisers
 - Intramural Events



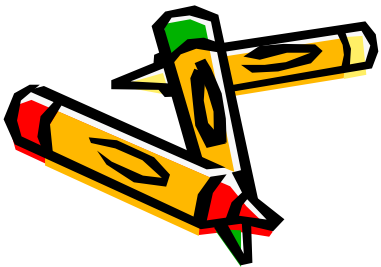
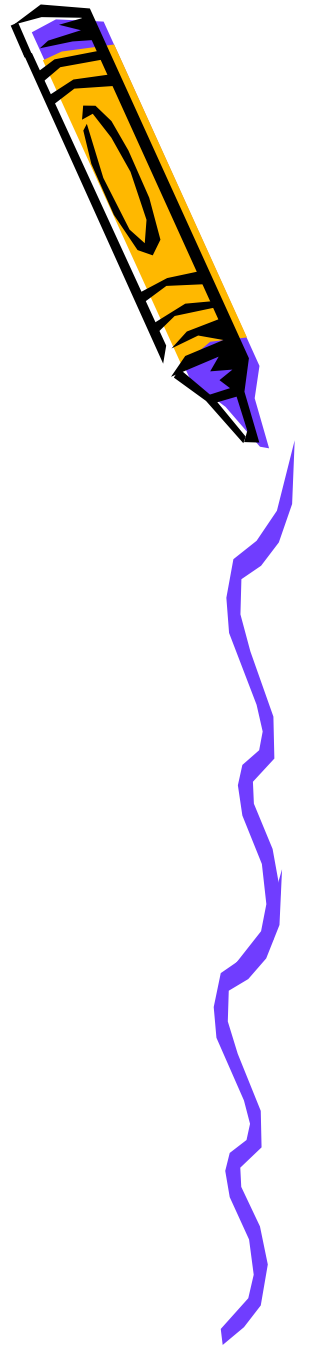
Definitions Section

- This section helps to clarify terms used throughout the document.
- Notice the boxes on the document



For all Sections

- Minimum: All school meals comply with USDA regulations and state policies.



School Meals

Already heavily regulated

Focus: increasing variety and nutritional integrity of meals by encouraging the following:

- Lower fat options.
- Increase of whole grain products.
- Dark green or orange vegetables or fruits.
- Fresh fruits or raw vegetables
- Lower fat milk options
- Low fat dressings



Example: School Meals

Intermediate

- Dark green/orange fruits/vegetables offered 1x week
- Fruits/vegetables offered 3x week
- At least one low fat milk offered

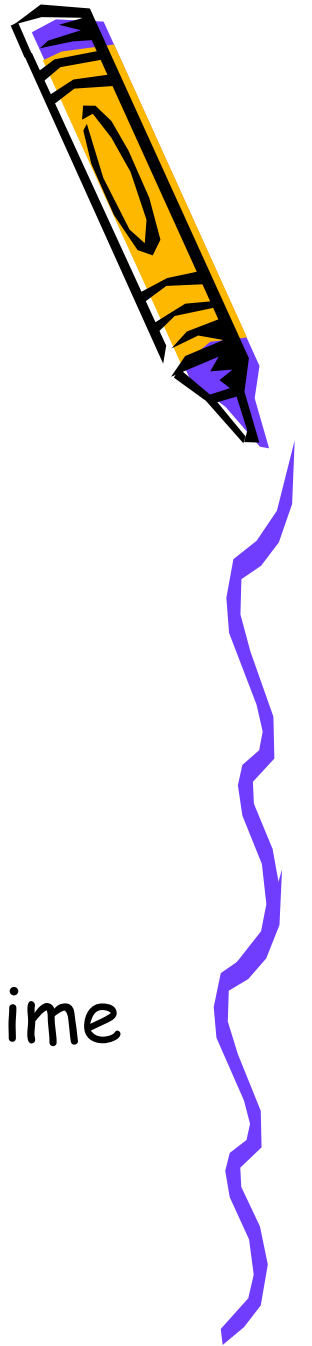
Advanced

- Dark green/orange fruits/vegetables offered 3x week
- Fruits/vegetables offered daily
- Only low fat milk



School Meals

- Closed Campus
- Recess before lunch
- Meal times
 - 10 minutes for breakfast
 - 20 minutes for lunch
 - Both time frames reflecting sitting time



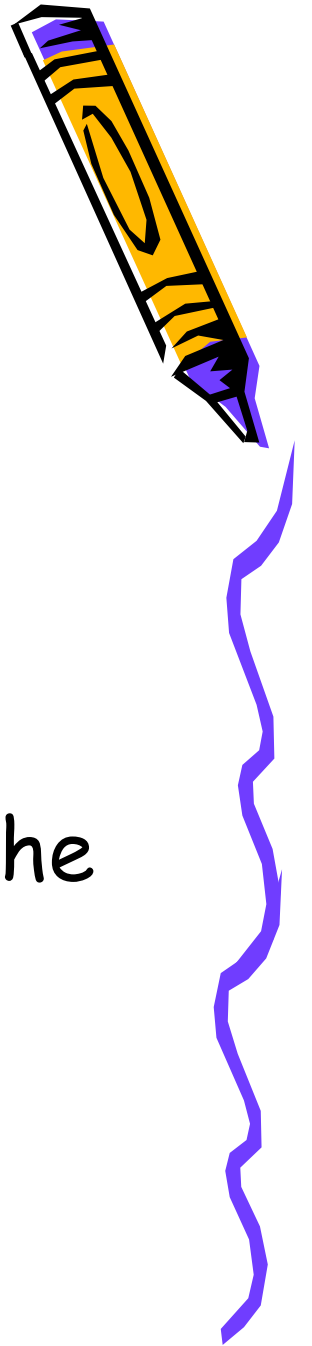
A La Carte

- All other food and beverage items sold outside the reimbursable meal by the school food service program in the cafeterias or other locations where school meals are served or eaten.



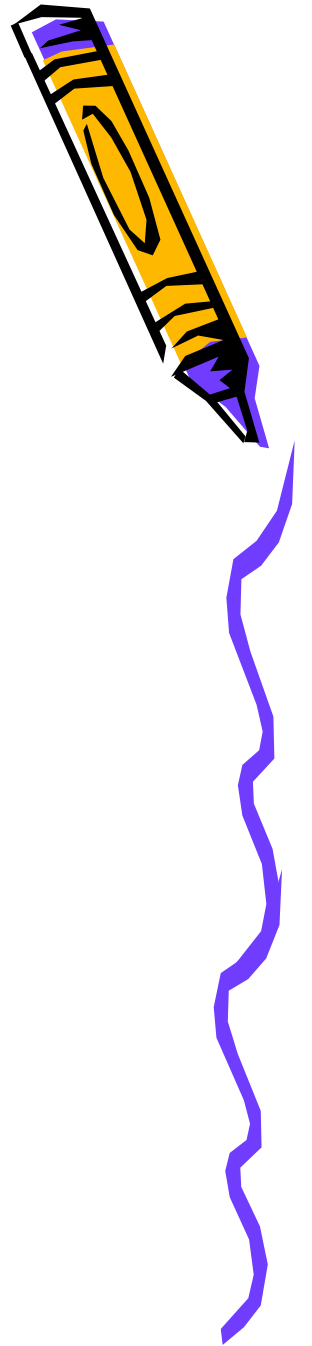
A La Carte: Food & Beverages

- Minimum: A la carte items comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value" (FMNV) where meals are served or eaten during the meal period times.



FMNV Categories

- Soda water
- Water ices
- Chewing gum
- Certain candies such as:
 - Hard candy
 - Jellies and gums
 - Marshmallow candies
 - Fondant
 - Licorice
 - Spun candies
 - Candy coated popcorn

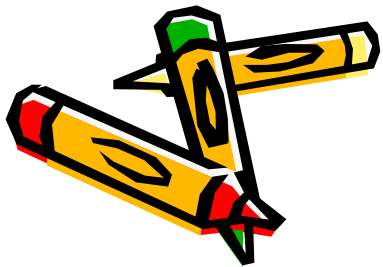


A La Carte Food

Include the following:

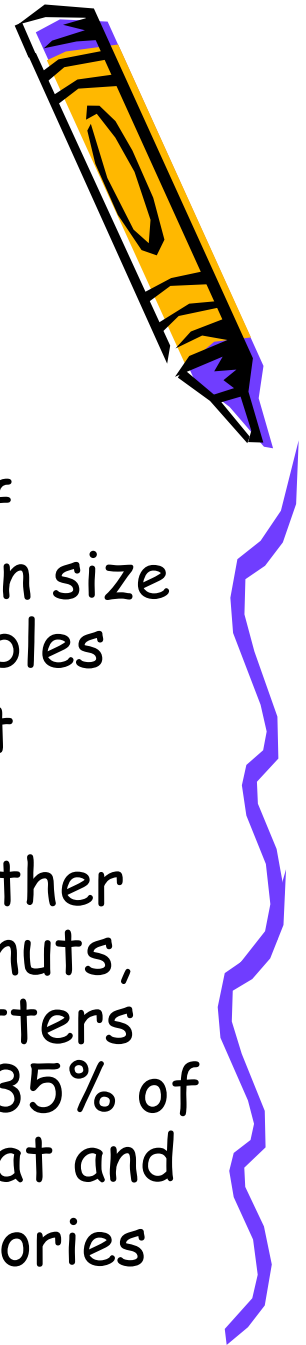
Intermediate

1. Main dishes are of comparable portion size
Fruits and vegetables
2. Yogurt
3. At least 50% of other offerings except nuts, seeds, and nut butters are no more than 35% of total calories as fat



Advance

1. Main dishes are of comparable portion size
Fruits and vegetables
2. Low fat or non-fat
Yogurt
3. At least 50% of other offerings except nuts, seeds, and nut butters are no more than 35% of total calories as fat and
4. Sugar $\leq 35\%$ of calories and ≤ 200 calories



A La Carte Beverages

50% of items offered include:

Intermediate

1. Water
2. Milk
3. 50-100% juice

Advanced

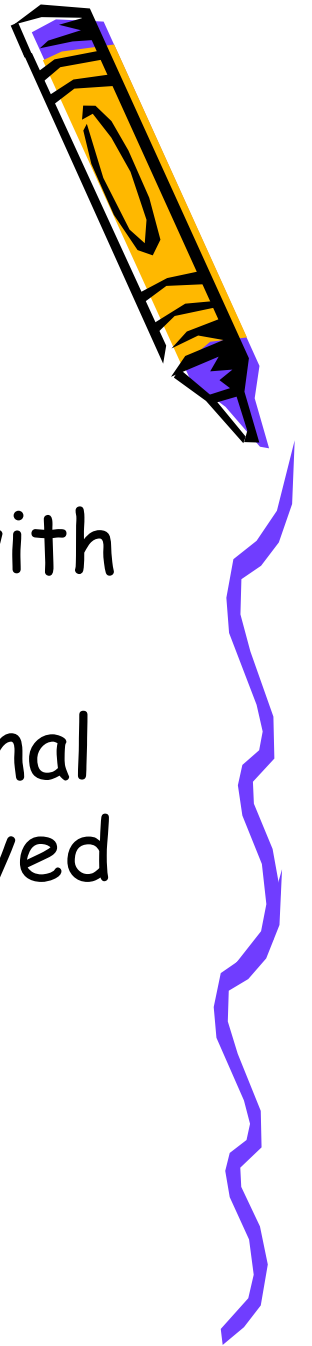
1. Water: non-caloric
2. Only low fat and/or skim milk.
3. Only 100% juice
4. Calcium fortified soy or rice beverages may be offered



Vending: Food & Beverages

(Machines & School Stores)

Minimum: All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of "Foods of Minimal Nutritional Value" where school meals are served and eaten during the meal period.



Vended Foods (Machines & School Stores)

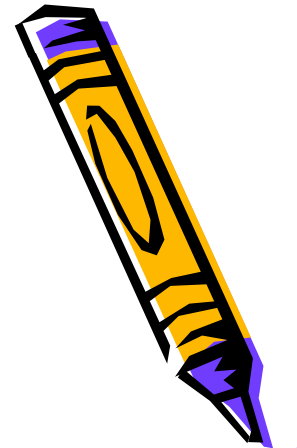
The sale of FMNV are not accessible to

Intermediate

1. Elementary and middle schools until after the end of the school day
2. High schools until one hour after the end of the last lunch period
3. 50% other vended foods offered must have no more than the following per selling unit:
 - 35% of total calories from fat except for nuts, seeds and nut butters

Advance

1. Elementary and middle schools
2. In high schools until after the end of the school day
3. 50% other vended foods offered must have no more than the following per selling unit:
 - 35% of total calories from fat except for nuts, seeds and nut butters.
 - 35% of total weight from sugar except for fruit w/o added sugar
 - ≤200 calories



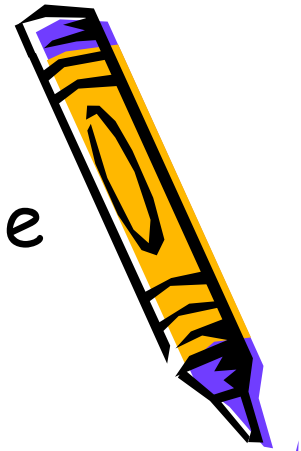
Vended Beverages (Machines & School Stores) 50% of items offered must include the following:

Intermediate

1. Water
2. Milk
3. 50-100% juice

Advanced

1. Water, non-caloric.
2. Only low-fat (1% or 1/2%) and/or skim milk
3. 100% juice.
4. Calcium fortified soy or rice beverages may be offered



After School Snack regardless of funding

Minimum: *Snack* means two or more items that are served as a unit. If served under the USDA After School Snack Program, the food items must comply with all applicable federal regulations and state policies.



After School Snack Program



Intermediate *3 days wk*

1. $\leq 35\%$ of total calories from fat except for nuts, seeds and nut butters and cheese
2. $\leq 35\%$ of total weight from sugar except for fruit w/o added sugar, juice, and milk

Advanced *all days*

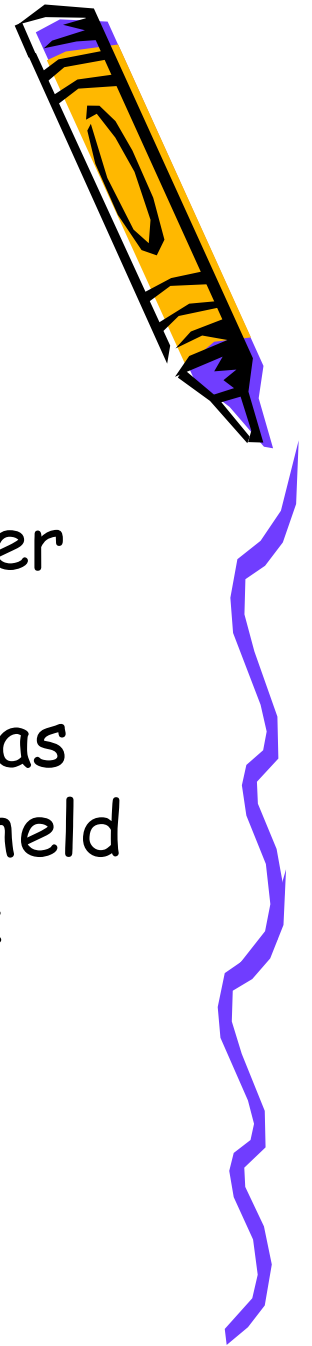
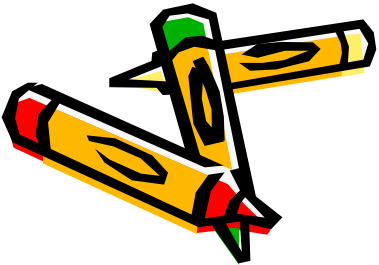
1. $\leq 35\%$ of total calories from fat except for nuts, seeds and nut butters and cheese
2. $\leq 35\%$ of total weight from sugar except for fruit w/o added sugar, juice, and milk



Other Classroom Rewards

Intermediate and Advanced:

1. Students are encouraged to have water bottles in the classroom.
2. Foods and beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior.

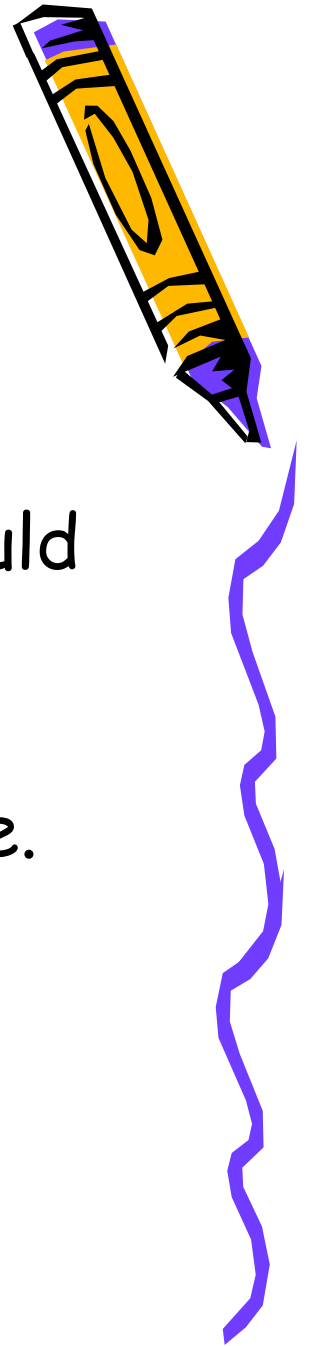


Other Parties and Celebrations

Intermediate and Advanced:

Consideration of the following points should be given for classroom parties and celebrations:

1. Types of foods and beverages available.
2. Limiting the frequency of events.
3. Schedule after the lunch period.



Other Fundraisers & Intramurals

Intermediate and Advanced:

- Fundraisers and intramural activities are supportive of physical activity and healthy eating.



Keep it Local

Move beyond the minimum

